

ABSTRACT OF THE DISCLOSURE

[0081] An optical waveguide fiber or body having a doped outer region which can be utilized in an optical coupler, a preform which can serve as the precursor for the fiber, an optical coupler, and methods of making same. Water, for example in the form of H_2O and/or D_2O , may be added to the cladding of the optical waveguide fiber or body.

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